

10 Tips for Caregivers

- ♥ Choose to take charge of your life, and don't let a loved one's illness or disability always take center stage.
- ♥ Remember to be good to yourself. Love, honor and value yourself. You're doing a very hard job and you deserve some quality time, just for you.
- ♥ Watch out for signs of depression, and don't delay getting professional help when you need it.
- ♥ Accept offers for help and suggest specific things others can do.
- ♥ Educate yourself about your loved one's condition. Information is empowering.
- ♥ Learn about technologies and ideas that promote your loved one's independence. There's a difference between caring and doing.
- ♥ Trust your instincts. Most of the time they'll lead you in the right direction.
- ♥ Grieve for your losses, and then allow yourself to dream new dreams.
- ♥ Stand up for your rights as a caregiver and a citizen.
- ♥ Seek support from other caregivers. There is great strength in knowing you are not alone.



Caregiver Support Program

...helping family and friends
care for seniors

For more information call:

Senior HelpLine

1-800-252-8966

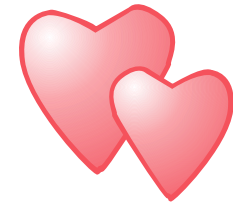
(Voice and TTY)

www.state.il.us/aging

This project was supported, in part, by a grant, number 90CG2535, CFDA#93.052, from the Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call the Senior HelpLine at 1-800-252-8966 (Voice and TTY).

Printed by Authority State of Illinois
IL-402-1076 (3/03)



Do you...

**know someone
who is caring for
an adult with a
developmental
disability?**

Illinois Department
on **Aging**

Governor Rod R. Blagojevich
Director Charles D. Johnson

Help is available

Do you...

- ♥ need help caring for an adult with a developmental disability?
- ♥ need to plan for the future when you might not be there to help?
- ♥ want to meet other families who face the same issues?

What **services** are available?

Resources...

Learn of available resources for both the caregiver and an adult with a developmental disability.

Family Futures Training...

Plan for the financial and emotional needs of the family in the future.

Chat Groups...

Meet and talk with others about caring for family.

Newsletter...

Receive the latest information on resources, services and approaches that work.

You are **not** alone...

Many caregivers of an adult with a developmental disability are not sure where to go or who can help them.

♥ *A 75-year-old man is living in a rural community with his wife and 40-year-old son with Down's Syndrome. He has guardianship over his son and daughter, who also has a developmental disability. His daughter currently lives in a group home.*

Before he enrolled his family in the project he had no plans in place. His family has now attended Family Futures Planning Training and realizes the importance of a plan for his son and daughter.



We are here to help families like this one.

We are here to help your family!

It's important to **Ask** for help